

*Division of Services to the
Deaf and Hard of Hearing*

DSDHH

Monthly Newsletter



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December 2011 17th Year

**Robert G Sanderson Community Center
of the Deaf and Hard of Hearing**

5709 South 1500 West

Taylorsville, UT 84123-5217



*Marilyn Call
Division Director*

In life these days where everything feels demanding, complicated, and hard because of a very slow economy, we may be more reluctant to give to others. We may wonder how to find the time and resources to give more... thinking no one gives to me so why should I give to others?

No matter what your circumstances are, it is good to remember that giving is good for us as well as the people we give to.

When you take time to think back on your life, probably the biggest gift you have ever been given is the huge investment your parents made in YOU! But they are not the only ones who have given to you. Who else in your life have you received gifts from? Teachers, relatives, taxpayers throughout the years have made schools, freeways, and national parks available for all of us. Almost everything we use in life has been made by someone else. The peace we enjoy, has been delivered by members of our military who have given their lives by the thousands.

Needs are everywhere in our community and in our country. We don't need to have extra money to be givers because we can always volunteer our time.

Director's Message:

Happy Holidays Celebrating the Giving Season



Research shows that doing volunteer work:

- Enhances our immune systems
- Lowers cholesterol
- Strengthens our hearts
- Reduces stress

- Increases life expectancy

Rumi, a 13th century poet/mystic told of a man who walked past a beggar and asked, why God, do you not do something for these people?" God replied, "I did do something, I made you."

I personally have received gifts and generosity from so many of you in the Deaf and Hard of Hearing worlds. When Ashley and then Camille died, our families were so blessed by people who gave of their time or money, by cooking meals, and babysitting Sam and Camille's children, by sending letters and cards of comfort and donating money to cover their funeral expenses.

Hearing family and friends were so awed and inspired by the numbers of people from the Deaf community who came to our girls funerals. That kind of support doesn't exist in the hearing world. Thank you for your gifts!

Giving, loyalty and support is a great strength of the Deaf community.

Even though things may be more difficult this giving season...let's find ways to give of ourselves! Through giving we can find meaning, fulfillment and happiness. Give back or "pay it forward" with gratitude for all who have made this world better for us.

H.E.A.T. program

Home Energy Assistance Target
Nov 1, 2011 – end of April 2012 or until
funds are exhausted.



Utah's HEAT is a federally supported program which help low income individuals and families with their energy bills. Please see *next page* with list of dates, times and locations where you can sign up for an appointment to fill out H.E.A.T. application forms. Or you can go on <http://housing.utah.gov/seal/heat.html> to apply.

For further assistance or questions, please contact Kim (801-657-5227 VP) or email: kthornsberry@utah.gov or Joene (801-657-5218VP) or email: jfnicolaisen@utah.gov.

Heat program 2011-2012 Federal Poverty Level & Monthly Income Limits

Income must be Gross, before taxes and other deductions. However, some deductions are allowable (such as 20% off of earned income, paid medical expenses for the month prior to the month applying, and paid child support and/or alimony for the same month)

Household Size	150% of Poverty HEAT	Household size	150% of Poverty HEAT
1	\$1,361	9	\$5,181
2	\$1,839	10	\$5,659
3	\$2,316	11	\$6,137
4	\$2,794	12	\$6,615
5	\$3,271	13	\$7,093
6	\$3,749	14	\$7,571
7	\$4,226	15	\$8,049
8	\$4,704	16	\$8,527
For each additional member add>		\$478.00	

Table adapted from <http://housing.utah.gov/seal/heat.html>

Nearest H.E.A.T. application sites: dates and locations

OGDEN – VR OFFICE, 950 East 25th ST, #200, Ogden.

- Contact Kim at kthornsberry@utah.gov or 801-657-5227 (VP) to schedule an appointment.

PROVO – VR OFFICE, 150 East Center St, Suite 3300, Provo.

- **Friday, December 2, 2011 at 10am-1pm.** Contact Kim at kthornsberry@utah.gov or 801-657-5227 (VP) to schedule an appointment.

ST GEORGE – Deaf and Hard of Hearing Center, 1067 E. Tabernacle, Suite 10, St George.

- Contact Grant Pemberton at gpemberton@utah.gov or 435-216-9306 (VP) or 434-673-8974 (office) for further information

TAYLORSVILLE – Sanderson Community Center for the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville.

- **Friday, November 18, 2011 at 9AM-5PM.** Contact Kim at kthornsberry@utah.gov or 801-657-5227 (VP) to schedule an appointment.
- **Tuesday, November 22, 2011 at 9AM-5PM.** Contact Kim at kthornsberry@utah.gov or 801-657-5227 (VP) to schedule an appointment.
- **Thursday, December 1, 2011 at 9AM – 5PM.** Contact Kim at kthornsberry@utah.gov or 801-657-5227 (VP) to schedule an appointment.

** If none of these dates work for you, please contact Kim to schedule an appointment at your convenience.*

Perspectives of a Grown Deaf Adult and his/her Parents Series:

By Kimberly Thornsberry, Case Manager

This is the fifth article in this series appearing in the DSDHH Newsletter on the perspective of grown Deaf Adults and his/her parent's actions raising a Deaf child(ren). Pamela Mower and her parents, Scott & Kathy Mower are willing to share their experiences here. Pamela works as a Studio Producer for Sorenson Communications. She has a bright personality which brightens up a room, party, and social event wherever I associate with her. I hope you enjoy reading Scott and Kathy's article, followed by Pamela's article.

We are accepting new articles from parents of grown Deaf Adults. Please submit your article to kthornsberry@utah.gov

By Scott and Kathy Mower, parents of Pamela Mower

Pamela, the youngest of three children, was born in the early 1970's. During the pregnancy, we anticipated there might have some physical or medical problems due to necessary medical treatment and multiple hospitalizations for severe asthma, pneumonia, and complications throughout the pregnancy. Medications that would not normally be prescribed to a pregnant woman were deemed to be necessary despite any potential side effects on the baby. The doctor was very worried and prepared us for possible problems. However when she was born the doctor said, "She is a picture of health!" We were so excited and felt very blessed.

When Pamela was about 6 months old, I started noticing that Pamela seemed delayed in some areas. She was not cooing the same as my other children had and didn't respond to my voice in the same ways they had. I started suspecting hearing problems, but her dad would reassure me because she always turned when we walked in the room. Little did we know she was responding to vibrations. I talked to our pediatrician and he said she had a temporary deafness caused from some ear infections. Finally, at 8 months old, I went into her bedroom while she slept and banged a spoon on a pan. Nothing! She didn't react at all. I called the doctor in a panic and he grudgingly sent us for a hearing test at the State Board of Health. The results... Pamela was profoundly deaf in both ears. At first we met it with denial, we cried, were upset, and had no idea what to do. Neither of us had met a Deaf person, so it was all alien to us. Looking back at those years, what was most frustrating was to receive differing advice from various professionals and authorities on how to raise a Deaf child.

Because of this, we investigated a lot. The best piece of advice we received was to go to the Primary Children's Hospital speech therapy department. There, her therapist explained about the different philosophies that at the time were and still are prevalent. In the 70's the methodologies were called Oral or Signing. Now I believe the terms are Listening and Spoken Language (LSL) or American Sign Language (ASL). We enrolled in a

program at the John Tracy Clinic, an Oral program through the mail which is probably available through the internet now. The teachers encouraged speech and really frowned on it when I wrote about how many words Pamela could sign. We went to meetings for the Oral Program, and were frustrated when parents shared that their child had finally started communicating at five years old. We couldn't wait that long! One night we went to a sign language class given by a Deaf person, Carol Masich. Carol shared how she had grown up Oral, and then learned to communicate in ASL when she went to college. She said that to this day she couldn't have a good conversation with her parents. Her daughter interpreted for her in the sign language class. Carol Masich, if you are reading this - you are largely responsible for our choice. Thanks to your influence, we decided then and there that we would start signing with our daughter when she was 9 months old. Kathy, the speech therapist, suggested an approach called Total Communication, where we worked with everything we could get our hands on. We started taking sign language classes with Deaf teachers who encouraged us. Pamela started wearing 2 body aids since many educators stated that "All children have some residual hearing." Actually for a while Pamela had a large aid that was so big we had to put it on her back like a backpack since she couldn't stand up with it in front since it was so big and heavy. My, how things have changed! We took her to speech therapy, 2-3 times weekly, feeding Pamela a Froot Loop every time she made a sound. We were enrolled in one of the first Parent Infant Programs which was called the SKI-HI Institute at the time. We felt a need to do all we could, and to be able to communicate with our beautiful daughter. Pamela was one of the first students enrolled in the Salt Lake Total Communication (TC) preschool program. We started using Signing Exact English. As parents, we learned that no one else was going to advocate for our daughter, and that we must do it. All the authorities are sure their method is the best, and I still believe that parents are not listened to enough. Our pediatrician later told an intern that I had taught him a very important lesson, that 'mothers know their child best.'

Cochlear implants at that time were in their infancy. Pamela's doctor approached us about it when she was in middle school. She seemed to be the perfect candidate, since she had zero response in one ear, she wouldn't lose anything by trying it. Having learned from the Deaf people we had come to associate with, we let her make that decision. Her decision: NO! She did not want a cochlear implant. Actually it was while in middle school that it was decided Pamela would cut to one hearing aid, because she really didn't have ANY hearing in her one ear. Later, Pamela would decide that she didn't benefit from a hearing aid at all. Even though she was not part of the Deaf community at that time, she still was proud to be a Deaf person. This is Pamela, and I cannot imagine her any other way. Nor do we want her any other way.

As a parent my goal was to always stay one step ahead of Pamela. I often substituted as an interpreter for

USDB, developed my signing skills and obtained interpreter certification in 1980. Pamela often said, "You are lucky you had me, otherwise you would not have a job." I have been an interpreter in the educational setting now for 30 years.

When USDB refused to provide interpreters for academic classes we decided to put her in a mainstream school setting as we felt she was not receiving the education she needed and was capable of so much more. We spent many hours doing homework together. In third grade she was mainstreamed in Jordan School District and was provided a part-time interpreter at first, then later provided a full-time interpreter. She excelled in Jordan's Advanced Business Technology Program. She has used interpreters from a young age, had friends as note takers, and had all the current technology available to her. She attended school at Salt Lake Community College (SLCC), served a mission, and then went to Gallaudet University where she graduated with a Bachelor of Arts (BA) and a Master of Arts (MA). She stayed at Gallaudet, working in the Career Center for many years. We thought we had lost her to Washington, D.C. forever, but she finally returned home to Salt Lake City about three years ago. Pamela has succeeded with everything she has tried, and has a true fighting spirit.

We have laughed, and cried. It has not always been easy, and it seemed that I had to fight for the services Pamela needed. When I meet new parents of Deaf children I tell them to be prepared. Just when you think everything is going well, something comes along to knock you down. It is always a continual fight. A parent is the only one who can truly advocate for their child.

There are still barriers; she still feels the challenge of being in a hearing family. We love Pamela, and cherish the wonderful woman she has become. We are very proud of her accomplishments. If this was a perfect world, only Deaf parents would have Deaf children, BUT then we wouldn't have had the privilege to have the wonderful daughter we have. WE LOVE HER!!

By Pamela Mower

I am truly proud of my identity as a Deaf person and would not trade it for anything in the world. Being deaf has formed who I am and hopefully has made me a better person. As I grew up, I was often asked if I wanted to become hearing and I often replied, "HECK NO! Why would I want to???" Yes, I am confronted on a daily basis with challenges posed by communicating with hearing people and that can become frustrating, but still I wouldn't want to be hearing.

I was born deaf to a hearing family and it was not until I was older that I realized how lucky I was to be born to this family. I've met so many deaf people who did not have a good relationship with their family simply because their families either never bothered to learn to sign or listened to hearing medical professionals who advised not to sign with their deaf child due to the fear that if the child signed, they wouldn't learn to speak. Often, the deaf child growing up using the Oral method would miss out on a lot of information in educational, family and social settings.

After researching on how to communicate with me, talking with some Deaf people, some hearing parents of deaf children, my parents chose to learn sign language. At 8 months old, I started learning sign language while my parents would take my siblings to night classes to learn sign language. That means my whole family was able to sign and communicate with me growing up. I believe that really helped me in school and in social settings.

I remember the first day I went to classes at the mainstreamed school as the only deaf person - I was nervous! When I went outside at recess I expected to be alone, but to my surprise I was surrounded by hearing kids greeting me and wanting to play with me. I also had a great teacher who I called "Mr. A" since it was too hard to pronounce his full name - Mr. Archuleta. Mr. A scheduled time for me to teach my class sign language and within a couple months, most of my classmates AND Mr. A knew enough sign language to communicate with me. In middle and high school I mingled mostly with hearing kids who learned sign language. I've talked with many other deaf people who went to mainstreamed schools and most of their experiences were not similar to mine, which shows me that the local community I grew up in was a wonderful and inclusive community. Later on in life I was faced with the choices such as having a cochlear implant or continuing with speech therapy. My parents were very wise and supportive to let me make these decisions. I chose to not have the cochlear implant and I stopped speech therapy in middle school.

It was not until I was about 15 or so that I started getting involved with the Deaf community and that was after I attended "Especially for Deaf Youth" at Brigham Young University; a week-long summer program for deaf youth where I met deaf kids my age. That's when I really saw the difference between interacting with my hearing and deaf friends. I started hanging out a lot more with deaf friends since the communication access was equal with my deaf friends and they truly understood me. I am still friends with most of my deaf friends who I met at age 15, while I have lost contact with most of my hearing friends who I grew up with.

Growing up, some hearing parents would hear about me and want to meet me, introduce me to their deaf child and a few based their educational decisions on how well I functioned in a mainstreamed school with an interpreter, or they compared their deaf child with me. That really bothered me because I didn't want to be compared with another deaf person. Each deaf person is unique with their own special needs. Because I thrived in a mainstreamed school does not mean that the mainstreamed school



is the right choice for all deaf children. I met a deaf person recently who was transferred from a deaf school to a mainstreamed school a long time ago because his parents saw how well I did in the mainstreamed setting and they wanted that for him. He told me it was so hard for him in the mainstreamed setting, and how he missed the deaf school. I felt so bad.

Attending school at Gallaudet University opened my eyes to a whole new world. I was able to communicate directly with professors, classmates and study groups without needing an interpreter. There were no communication barriers there and I LOVED it. I got a part-time job which eventually led to a full-time position when I graduated with my BA. I worked there for over ten years in Gallaudet University's Career Center while studying and graduating with my MA. About four years ago I accepted a position with Sorenson Communications and finally moved back to Utah.

Looking back on my life, I now realize how lucky I was to have the family I have grown up with and thankful that my family knew that I needed to make my own choices. I'm also thankful for the hearing friends, community and teachers who welcomed me and made me a part of their classes/lives. I am truly thankful for the deaf people who welcomed me and showed me what it's like to be part of the Deaf Community. I am also thankful for the Deaf Community (especially Carol Masich) who influenced my parents in making the right choices regarding communication for me.

My advice to hearing parents with deaf children would be the following:

- *COMMUNICATE/SIGN with your deaf child on a daily basis. Sign with him/her as much as you can and involve them in your family and life.*
- *Do not compare your child with other deaf or hearing children. Each child is different with different needs.*
- *Encourage them to mingle with other deaf children, involve them in various ways such as Junior National Association for the Deaf (JR NAD), etc.*
- *Treat your deaf child just as you'd treat any other child and encourage others to do the same.*
- *Research available communication/technology options before you make the final decision and keep researching as new communication/technology options appear.*
- *Listen to your child's wishes and allow them to make choices as much as possible.*
- *Interview various deaf people about their experiences growing up and do not base your decision solely on advice given by hearing professionals since they do not live in the world, experience challenges or think like deaf people do. We view ourselves as Deaf people, not as a disabled person who cannot hear and need help to become 'normal' like hearing people. ~*

**Deaf Off Drugs & Alcohol (DODA)
Specialized Services for the Deaf
Who Struggle with Addictions
Reprinted from ADARA Update Newsletter 2011**

Deaf Off Drugs & Alcohol (DODA) is an alcohol and drug treatment service provided by Wright State University's CAM program. DODA, in partnership with the Ohio Department of Alcohol and Drug Addiction Services, is funded by a federal grant from the Center of Substance Abuse Treatment. DODA provides out-patient treatment services for the Deaf or Hard of Hearing individuals living in Ohio through the use of Technology Assisted Care. The counselor and case managers use videophones or computers with webcams to meet with Deaf consumers online no matter where they live in Ohio. Treatment services include private counseling, case management, recovery support, and advocacy.

In addition to treatment services DODA wants to provide access to recovery support to the Deaf community nationwide and allows the Deaf recovery community to use their video conference software to host Alcoholic Anonymous (AA) or Narcotics Anonymous (NA) meetings. Anyone wanting to join a 12 step meeting can see the meeting schedule at <http://doda.nefsis.com>. All you need to join is a PC computer with a webcam and a high speed internet connection.

DODA recognized the need for more Recovery Support materials in American Sign Language and with permission from the Hazelden Foundation used the book "Twenty-four Hours a Day" to produce ASL daily meditations and thought for the day. You can visit <http://doda.nefsis.com> every day to view each day's ASL video.

DODA also uses the internet to share recovery information with everyone by using social media websites like YouTube and Facebook. You can view the DODA recovery Video Channel by visiting <http://www.youtube.com/user/DODArecovery>.



KODA: Kids Of Deaf Adults



Organizational meeting: Interested in KODA program?

- ◇ Open meeting
- ◇ January 19th 2012
- ◇ 6:30 PM to 8:00 PM
- ◇ Sanderson Deaf Center's conference room
- ◇ Address: 5709 South 1500 West Taylorsville, UT 84123-5217
- ◇ Discussion in ASL, if you need an interpreter, contact me. ADA accommodations will be provided.

Any questions or comments?
Contact:
Jennifer Shurtleff
dsdhhintern@utah.gov





Jennifer Shurtleff,
Social Work intern

December is a special month because it is filled with holidays and celebrations. The celebrations of holidays are often an honor of spirituality or culture. People celebrate holidays differently.

Kwanzaa honors African American culture and heritage. Kwanzaa is celebrated between 26th to January 1st. The name Kwanzaa is a Swahili phrase *matunda ya kwanza* which mean first fruits of the harvest. For decorations, they use a straw mat or African table cloth, corn and other crops, a candle holder with seven candles, and communal cup, gifts, a poster of the seven principles and a red, black and green flag. They have different colors of candles to represent African American values and symbols.

The Christian religion celebrates the birth of Christ through the celebration of Christmas. It is a time for family and friends to gather together and exchange gifts over a nice dinner. They also believe in having the Christmas spirit by decorating their house, put up Christmas lights, and having a Christmas tree.

The Jewish religion celebrates Hanukkah. Hanukkah is an eight day celebration. The Menorah is a nine branched candelabra which is one candle is lit on each night of the holiday. The ninth candle is lit on the final night. Along with rituals, gifts are given each night.

December Holidays

In December, the Buddhist religion celebrates "Bodhi Day" on December 8th. It is the anniversary of Buddha's enlightenment under the Bodhi tree. The day is observed in many ways including prayer, meditation, and teachings.

The Hindu religion celebrates Pancha Ganapati from December 21 through December 25th. It is a festival in celebration of Lord Ganesha who is the Patron of Arts and Guardian of Culture. It celebrates a new beginning and mending all of past mistakes. A shrine is made in the main living room with a large wooden or bronze five-faced stature of Lord Pancha Ganapati. Flashing lights, tinsel and colorful hanging ornaments may be added. Each morning the children dress or decorate Ganesha in a new different color which symbolizes His five powers. A tray of sweets, fruits, and incense is offered to Lord Ganapati. Each day modest gifts are given to the children who place them before Pancha Ganapati and they are opened on the fifth day.

The last day of December is celebrated as New Year's Eve. It is a celebration of a new coming year. To some people, they believe that it is a new year where they can "start over" or have a start fresh. After twelve months, people like to believe that they are moving forward from the old year into a new one. It is also a time for people to make New Year's goals or resolutions. Goals can be anything you want to accomplish such as eating healthier, not drinking any soda or energy drink, exercising, and more.

Think about what the holidays mean to you and your family. Also, think of what goals you want to have when the New Year comes. Get them ready when the New Year day comes so you can move forward. Celebrating holidays can be strength to you because it creates relationships, traditions, and spirituality toward a higher power or culture.

HAPPY HOLIDAYS AND HAPPY NEW YEAR!



Santa's Workshop



**Sanderson Community Center of the Deaf & Hard of Hearing
5709 S. 1500 W., Taylorsville, UT**

December 3, 2011 * 11 am to 2 pm

HOST: The Hind Family

Classes for the Hard of Hearing people
Find the location closest to you!

CASE – starts on January 17, 2012, 6-8pm for 8 weeks at Sanderson Community Center, 5709 South 1500 West, **Taylorsville**. Call 801-657-5200 or email to dsdhhregistration@utah.gov to register.

CASE – starts on January 12, 2012, 10:30am for 8 weeks at Sunday Anderson Westside Senior Center, 968 West 900 South, **Salt Lake City**. Call 801-538-2092 to register.

CASE – starts on January 11, 2012, 6-7:30pm for 8 weeks at Edison Stanford Hearing Center, 777 North, 500 West, Suite 5, **Provo**. Call Gina Freelove at 801-701-2348 or email to gfrlv@yahoo.com to register.

CASE – starts in January 2012 for 9 weeks at **Emery** Townhall, 15 South Center St., Emery. Call Carma Jackman at 435-757-1816 or email to carmaj@hotmail.com to register.

Speechreading – starts on January 20, 2012, 10:30am-12:00pm for 9 weeks at Friendship Manor Senior Center, 1320 East 500 South, **Salt Lake City**. Call Linda Cohen at 801-582-3100 or email to linda@jfsutah.org.

Speechreading – starts on January 2012 for 8 weeks at McKay Dee Hospital, 4401 Harrison Blvd., **Ogden**. Call Jodi Goodenough at 435-748-2788 or email to jodigoodenough@gmail.com to register.

Speechreading – starts on January 19, 2012, 6:00-7:30pm for 9 weeks at Sanderson Community Center, 5709 South 1500 West, **Taylorsville**. Call 801-657-5200 or email to dsdhhregistration@utah.gov to register.

Living with Hearing Loss – starts on January 17, 2012, 10am for 6 weeks at Columbus Senior Center, 2531 South 400 East, **Salt Lake City**. Call 801-412-3297 to register.

CASE and Speechreading classes are divided in two parts. It doesn't matter which part you start with.

Any further questions, please contact Robin Traveller, Hard of Hearing Specialist by email only please, rtraveller@utah.gov. Thank you!



NEW CLASS for the FIRST TIME: **GESTURES**

A GESTURE IS A GOOD WAY OF COMMUNICATION

It is efficient in how to approach deaf and hard of hearing person

This class will benefit your skills in how to communicate
and enhance your

American Sign Language skills

FREE!

FREE!

Teachers: Nancy O'Brien and Eric Lynn

They will help you with hands-on-experience
in understanding the gestures

Schedule: Tuesdays at 7:00 pm to 8:30 pm
January 10/12, 17/19 and 24/26 in Room B

Sanderson Community Center of the Deaf & Hard of Hearing
5709 S. 1500 W. * Taylorsville, UT

DEADLINE to REGISTER: Friday, January 6th, 2012

dsdhhregistration@utah.gov

Limited seats!



ASL Classes for Beginners

AND...

**For Advanced
Beginners**

Tuesdays & Thursdays
February 7 to April 5, 2012
6 pm to 8 pm

All classes will be
taught in
American Sign Language

This class is for
People who are deaf &
hard of hearing, family
members of deaf & hard
of hearing,
professionals with deaf
& hard of hearing
clients, & persons who
are losing their hearing.

DEADLINE to REGISTER:

February 3, 2012

dsdhhregistration@utah.gov

Community Writing Corner

(Opinions and viewpoints presented here are those of the author and do not necessarily reflect the positions of DSDHH or SCCDHH)



Hearing Aids 101 by Chelle George

Hearing aids aren't called hearing miracles for a reason. Hearing aids help but they can't reproduce true hearing. Technology is making advances but there is no cure for hearing loss. Those of us who wear hearing aids learn their limits but some hearing people around us seem to think once we pop our hearing aids in, we will understand everything. I'm here to tell you, even with our aids in we are still hard of hearing.

Sensorineural hearing loss, also called nerve deafness, is the most common type of hearing loss and it is permanent. With this kind of loss, some sounds come across at normal volume and others not all. Usually it is low tones heard best with the higher frequencies missing. High pitches include birds, bugs, timers, phones, kids and many women's voices. In the alphabet many consonants are higher frequencies and vowels come across in low tones. Out of 26 letters in the alphabet, I hear five of them best; even with my hearing aids in.

Imagine going through your day hearing mostly vowels and only some consonants clearly. Many conversations are a constant puzzle to piece together. Take the sentence, "I've got to get my keys," and try understanding it this way: I ot et I ee's. For those with hearing loss, their mind races to fill in the blanks much like Wheel of Fortune with letters blanked out. Life becomes the Wheel of Fortune, only can I buy a consonant, please? The vowels aren't as important. My hearing aids help me get a few more sounds but I still miss whole words. A busy day of 'hearing' can lead to exhaustion with all that concentration and mental activity.

Hearing people seem to think, "If only she would turn up the volume, she could hear." Here it is in simple terms; volume distorts. Some sounds I hear well and some I do not. Take the word "shout" and try shouting it out. The "OW" hurts my ears coming across loud and clear but the "sh" and "t" are lost in "OW." Shouting won't work and neither will hearing aids at super high volume because technology hasn't caught up to missing frequencies.

Mechanical hearing picks up mechanical noises better than sounds I want to hear. I can't hear my phone ring, my cat meow, birds sing and I have trouble understanding speech but I do hear the garbage truck grind to a halt in front of my house, the banging of the garbage bin as it's tipped over and set back down. In cars, I hear road noise better than the person sitting next to me. In restaurants I hear fans, refrigerators and soda machines, not to mention the clashing of plates and clattering of silverware far better than the person sitting across from me trying to have a conversation. This also applies to large gatherings. All I hear is the roar of the crowd which drowns out the person in front of me trying to talk.

Technology has come a long way and digital hearing aids have helped in that these noises don't hurt my ears as much as they used to. But I still can't hear whispers, understand the television without captions nor lyrics in songs and I can't understand what someone says from another room, even with my hearing aids in. Listening to people takes mega amounts of concentration. I use some lip reading, watch body language and facial expressions for clues and sometimes I still get stuck on a word or a whole sentence, even with the help of my hearing aids.

I don't leave the house without my hearing aids because without them I am more lost and every little bit helps. The old analog hearing aids were much harder to wear all the time because they turned up all the noise, including those I already heard well. The newer digital aids suppress some sounds and then try to take sounds I can't hear and turn them into sounds I can but even that program has its limits.

Eye glasses slip on and replace vision but hearing aids can't do that. They help but they do not give me my hearing back. All the adjustments in the world will not replace true hearing. Please know I am tormented at my own failure to understand my native tongue, simple English. I come down hard enough on myself without others getting impatient with me. Once sounds are gone, they are gone and there is no magical cure.

Go to the Say What Club website
- <http://www.saywhatclub.com/>



SUDHHP

Southern Utah Deaf and Hard of Hearing Program (an extension program of DSDHH in Southern Utah)

Schedule of Activities

New ASL, Deaf Culture, and Concepts classes will start up 2nd week in January. Please see flyer for specific times and locations.

Lip Reading classes - Ongoing on Tuesdays at 1 pm at Deaf Center
Contact Peggy Thomson

Hearing Loss Assistance - Open office 11am to Noon at the St George Senior Center on Wednesday - ongoing

8th - Holiday-Fest 5 to 8pm at the Deaf Center. Location may change due to RSVP count. Contact Deaf Center for more information and updates.

9th - Ice Cream Social at Ice Berg drive inn on St George Blvd. 6:00 pm to 8:00 pm

9th - Terp Workshop 6-7pm See flyer for more info.

10th - Terp UIP Testing. Pymt and Appt required

10th - Seniors (50+) Holiday Party
See flyer for more information

15th - Sego Lily Monthly workshop
Contact Mari Reeder for more info.

26th - OFFICE CLOSED. Have a great Holiday!



December 2011

Southern Utah Deaf and Hard of Hearing Programs
1067 E. Tabernacle, Suite 10 St George, Utah 84770
(435) 673-8974 voice/tty (435) 216-9305 Video Phone kbutler@utah.gov



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Remember to always RSVP to reserve your spot at any of the activities. If we receive less than 5 RSVPs, we will cancel the event. Let us know if you need any ADA accommodations when you RSVP. Thank you.				1	2	3 FYI.. LDS Deaf Branch Christmas Party
4	5	6 Lip Reading Class @ 1pm	7 Hearing Loss assistance at SG Senior Center 11-12 noon	8 SUDHHP Community Holiday-Fest (see flyer)	9 Ice Cream Social Terp Workshop	10 Terp Cert Testing Senior Holiday Party
11	12	13 Lip Reading Class @ 1pm	14 Hearing Loss assistance at SG Senior Center 11-12 noon	15 Sego Lily Monthly workshop	16	17
18	19	20 Lip Reading Class @ 1pm	21 Hearing Loss assistance at SG Senior Center 11-12 noon	22	23	24
25 	26 OFFICE CLOSED	27	28 Hearing Loss assistance at SG Senior Center 11-12 noon	29	30	31

For Statewide activities, checkout www.uad.org
For more information on state services www.deafservices.utah.gov
Checkout our Facebook page: "Southern Utah Deaf and Hard of Hearing Programs"



SUDHHP Community Holiday- Fest!

Something for everyone
AND
Everyone is invited!

Enjoy the Holiday Season
socializing with friends,
ASL students, staff and
interpreters.

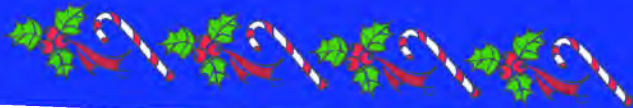


Please bring in a Holiday treat
to share along with the recipe.

Sego Lily's Angel Tree will accept do-
nations. Please contact Mari Reeder.

Voluntary donations being accepted for
Deaf Filipino children and their school.
Contact Meredith on what they need.

Play games and just have fun in the
spirit of the HOLIDAYS!



Highlights

- Sample the goodies.
- Sego Lily Angel Tree
- Silent Game Night
Social Holiday Style!
- Service project for
Deaf children in the
Philippines



Location: SUDHHP Center at 1067 E. Tabernacle, suite 10 St George, Utah

Contact person: Meredith (435) 673-8974 voice (435) 216-9305 VP
meredithwinn@utah.gov

Time: Starts at 5:00 and goes until 8:00 pm

Date: Thursday December 8th, 2011

Please RSVP to Meredith your attendance by December 2nd . If you need any ADA accommodations, please let us know in advance. ASL will be the main form of communication.



Silent Game Night !

Holiday Style!



Come one, come all! Play games where only American Sign Language is used to communicate.
Everyone is welcomed to come!

*Hosted by: Larry Laskowski &
Southern Utah Deaf and Hard of Hearing programs*

When: Wednesday December 7th, 2011

**Where: SUU Community Education office
136 West Center St
Cedar City, UT**

**Contact our office before December 2nd for
more information and to RSVP your attend-
ance!**

Time: 5:30 to 7:30pm

Come and enjoy the fun!!

Contact info:

Southern Utah Deaf and Hard of Hearing Programs

1067 E. Tabernacle, Suite 10

St George, Utah 84770

(435) 673-8974 voice/tty (435) 216-9305 Video Phone

meredithwinn@utah.gov





“How to become an Interpreter” & “What is the process for Certification”

Presented by Mitch Jensen



**Friday Evening at 6:00pm until 7:00 pm
December 9th, 2011
At the Deaf Center
1067 E. Tabernacle, Suite 10
St George, Utah 84770**

**To Register for the workshop, please contact Meredith by Dec 2nd at
meredithwinn@utah.gov or call (435) 673-8974**

**Southern Utah Deaf and Hard of Hearing Programs
1067 E. Tabernacle, Suite 10 St George, Utah 84770
(435) 673-8974 v/tty (435) 216-9305 VP meredithwinn@utah.gov**



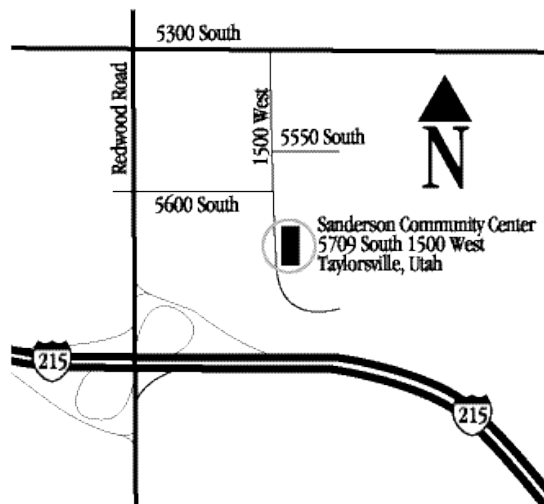
Administration		email address	telephone #
Marilyn Call, Division Director		mcall@utah.gov	801-657-5219 vp, 801-263-4889 v
Edie McCormick, Executive Secretary		emccormick@utah.gov	801-313-6815 v, 801-657-5209 vp
Building Operations			
Jorie Hill, Facility Coordination		jrhill@utah.gov	801-263-4886 v, 801-657-5210 vp
April Trocki, Secretary		atrocki@utah.gov	801-657-5200 vp
Adam Shewell, Building & Grounds Supervisor		ashewell@utah.gov	801-657-5224 vp
Julio Enriquez, Building & Grounds Assist.		jenriquez@utah.gov	801-657-5208 vp
Deaf and Hard of Hearing Programs			
Eli McCowan, Program Manager		emccowan@utah.gov	801-657-5216 vp
Laurie Bishop, Programs Assistant		lauriebishop@utah.gov	801-657-5203 vp
Robin Traveller, Hard of Hearing Specialist		rtraveller@utah.gov	801-263-4879 v, 801-657-5752 vp
Case Management			
Annette Stewart, Counselor		ajstewart@utah.gov	801-263-4892 v, 801-657-5226 vp
Joene Nicolaisen, Counselor		jfnicolaisen@utah.gov	801-313-6814 tty, 801-657-5218 vp
Kimberly Thornsberry, Case Manager		kthornsberry@utah.gov	801-263-4883 tty, 801-657-5227 vp
Outreach and Technology Program			
Mitch Moyers, Program Manager		mmoyers@utah.gov	801-263-4887 v, 801-657-5217 vp
Eduard Santiago, Electronics Specialist		esantiago@utah.gov	801-263-4867 tty, 801-657-5222 vp
Utah Interpreter Program			
Mitch Jensen, Program Manager		mfjensen@utah.gov	801-263-4875 v, 801-657-5214 vp
Stephanie Crosland, Program Assistant		scrosland@utah.gov	801-263-4877 v/tty
Cindy Kummer, Certification Assistant		ckummer@utah.gov	801-263-4874 v/tty
Jennifer Storrer, Interpreter Trainer		jstorrer@utah.gov	801-263-4873 v/tty, 801-657-5213 vp
Trenton Marsh, Interpreter Mentor		tmarsh@utah.gov	801-657-5215 vp
Paul DeGraw, Interpreter Mentor		pdegrow@utah.gov	801-313-6808 v
Clay Anderson, Interpreter Mentor		clayanderson@utah.gov	801 263-4870 v, 801-657-5212 vp
Utah Independent Living Center staff housed at Sanderson Center			
Carole Peck, Peer Support Enhancement		carolpeck@utah.gov	801-657-5220 vp
Vocational Rehabilitation staff housed at Sanderson Center			
Scot Ferre, Voc. Rehab Counselor		sferre@utah.gov	801-657-5221 vp
Karen Osborn, Voc. Rehab Sec (Pt-time)		kosborn@utah.gov	801-263-4893 v/tty
Michelle Draper, Interpreter		mddraper@utah.gov	801-313-6809 v
Southern Utah			
Grant Pemberton, So. Utah Program Director		gpemberton@utah.gov	435-673-8974 v, 435-216-9306 vp
Meredith Winn, Office Manager		meredithwinn@utah.gov	866-216-9305 vp
Peggy Thomson, Hard of Hearing Specialist		pgarrison@utah.gov	435-628-5368 v
Karen Butler, Program Assistant		kbutler@utah.gov	435--673-8974 v, 866-939-3196 vp

CONTACTS

Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West
Salt Lake City, Utah 84123-5217

RETURN SERVICE REQUESTED



Map To DSDHH

For information regarding deadlines and submission of
flyers, please contact Edie McCormick
at 801-263-4860 v/vp/tty.

Did You Know?

You can also view this newsletter and
other current information online at:
WWW.DEAFSERVICES.UTAH.GOV

Mission Statement

*To provide opportunities and programs to individuals who are deaf or hard of hearing which
enhance or maintain the skills necessary to fully participate in their employment, family and community.*